

Senior Nutrition

Central District Health Department

The Meal Times

Back Issues of this publication
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cdhd.idaho.gov

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We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out. **Thank you for your cooperation.**



SKYROCKETING GAS AND FOOD PRICES PUT SENIORS AT GREATER RISK

A survey of Meals On Wheels programs in all 50 states, conducted by the Meals On Wheels Association of America (MOWAA) in May, paints a graphic and disturbing picture of the serious impact that skyrocketing gas and food prices are having on Senior Nutrition Programs and the frail, vulnerable homebound seniors they serve in communities across America. National trends are reflected in the Meals On Wheels program serving seniors in Ada and Elmore counties.



Trends:

Fifty-eight percent of Meals On Wheels programs responding reported they had lost volunteers due to gas prices. Locally, Meals On Wheels lost five volunteer drivers in the last week of May due to higher gas prices. (See page 2)

Nearly half (48.3%) of the programs indicated that increases in gas prices had forced them to eliminate or consolidate meal delivery routes. Already-vulnerable seniors, who rely on Meals On Wheels, are being put at even greater risk of hunger, poor health and nutritional status, and even loss of life.

Over one third (38.2%) of the Meals On Wheels programs reported a change in the type of meals served. One commonly-cited change was movement away from hot, freshly prepared meals to frozen meals. Nearly one third (30.2%) reported a reduction in the frequency of meal delivery

"Our food costs have increased dramatically over the past six months," said Angela Spain, Program Manager for Senior Nutrition at the Central District Health Department, "This has forced us to make critical decisions about the meals we serve our seniors. Seniors will still get a well-rounded nutritious meal that meets program requirements, but extras like desserts and salads may disappear because of cost."

Nationwide, more than one fifth (21.8%) of the programs indicated they were forced to reduce the number of meals they served, and well over a third (38.2%) had to resort to reducing the number of clients the program could accept.

"We've never had to turn anyone wanting meals away," said Spain. "But higher food and gas prices may force us to consider creating a waiting list."

For the first time since the program's inception in 1974 it costs more than six dollars to produce and deliver a meal, even with volunteer drivers. Seniors were asked to make a \$3 donation, but as of July 1st the request went up to \$4.

"Most of our seniors are living on fixed incomes," notes Spain. "And a dollar per meal is about all they can afford."

The rest of the program's operating expenses come from federal, state and county funds, special events like the Culinary Walk-About, and donations from the public. The balance is absorbed by the Central District Health Department's general fund, often to the tune of thousands of dollars per month, and at the expense of other health department program areas.

Our Mission Statement: To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

SENIOR NUTRITION PROGRAM

Meals On Wheels
707 N Armstrong Pl
Boise ID 83704 • 327-7460

Angela Spain
Program Manager
327-8544

Cheryl Johnson
Comm. Meals Services Supervisor
327-8552

Norma Russell
Administrative Assistant
327-7460

Jennifer Bourff
Administrative Assistant
327-7460

DINING SITE LOCATIONS:

(Meals served at noon)

Star Senior Center
Wed & Fri
102 S. Main Street
Star, ID 83669
286-7943

Garden City Senior Center
Wed & Fri
3858 Reed
Garden City, ID 83714
336-8122

Mt. Home Senior Center
Mon, Wed, Fri
1000 N. 3rd, East
Mt. Home, ID 83647
587-4562

Glenns Ferry Senior Center
Mon, Tue, Thu
510 E. Cleveland
Glenns Ferry, ID 83623
366-2051

Boise Senior Center
Mon thru Fri
690 Robbins Rd.
Boise, ID 83702
345-9921

Kuna Senior Center
Mon, Wed, Fri
299 Avenue B
Kuna, ID 83634
922-9714

Meridian Senior Center
Mon thru Fri
133 Broadway
Meridian, ID 83642
888-5555

Samaritan Village Apts.
Mon thru Fri
3350 Collister
Boise, ID 83703
343-9504

Northgate Senior Village
Mon thru Fri
5901 Ellens Ferry Way
Boise, ID 83703
853-8448

Eagle Senior Center
Tues & Thurs
312 E. State St.
Eagle, ID 83616
939-0475

Recipient Spotlight

Billy Parker

Billy Parker is so happy to see his Meals On Wheels driver Gregg Nichols every day that he actually races as fast as he can to the door to greet him before the doorbell rings. "It's a little game we play every day," said Parker who has been receiving Meals On Wheels for the past 15 years.

Parker said he is just happy to be alive and to have a second chance at life. He served as a sergeant in Germany as a weapons specialist in the American Air Force until an unfortunate near-fatal car accident in 1968 at the age of 22.

"I suffered from hypoxia or a lack of oxygen to the brain. The doctors told my family they didn't expect me to live and if I did live, I would be blind, deaf, dumb and paralyzed from the waist down."

Parker surprised everyone after months of rehabilitation by being able to see, hear, and walk. "I have a few memory issues, but I can certainly think for myself," he said. Parker makes full use of his body mechanics – the left side of his body appears as though he's had a stroke and his mobility is limited, but he said he is thankful to be alive and is in great shape, considering the circumstances.

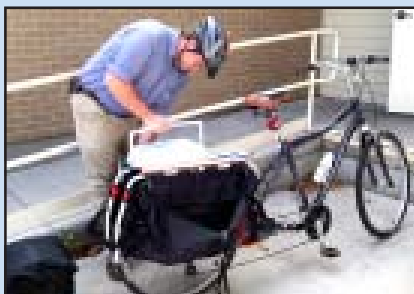
He said Meals On Wheels has helped him tremendously. "I'm so thankful for Meals On Wheels because it's hard for me to cook. The meals are always so wonderful and I especially like the meatloaf, green beans, corn and peas. They're also always hot and very healthy," he said.



Billy Parker

Volunteer Spotlight

Michael Hobson



Since the end of May, when the Meals On Wheels program lost five volunteer drivers, the community has reached out to help the program in a couple of ways, according to Cheryl Johnson, Community Meal Services Supervisor.

"We received over 24 calls from the public and were able to not only fill the five routes that needed drivers, but an additional two routes that also needed volunteer drivers," she said. "In addition to filling those daily routes, many

of the other folks volunteered to serve as back-up drivers and several folks donated a total of \$1385.00 specifically for gas."

One of the individuals fulfilling a route every Monday is Michael Hobson who decided to deliver a route using his bicycle. "I'm really trying not to be dependent on a vehicle," he said. He said the process has been a long time coming, but said using his bike keeps him healthy and it fits his active lifestyle.

"When I found out Meals On Wheels needed a volunteer, I thought it would be a perfect match," he said. He started delivering June 9th and said despite the hot temperatures, the delivery has left him feeling invigorated. "I really enjoy the exercise and it's also gratifying to serve the community at the same time." He said the recipients are continually impressed that he delivers meals on his bike. "One neighbor even commented – 'Oh, meals on two wheels now.'"

Hobson is the second volunteer to deliver meals using a bicycle. A few years ago Kathy Vashro delivered meals for about a month using her bicycle.

"We appreciate the extra efforts of volunteers like Hobson who accomplish Central District Health Department's mission statement – *Healthy People – Healthy Communities* – he truly is an example of this principle," said Johnson.

Donor Profile

**Brett
Palmateer**



Brett Palmateer

Brett Palmateer of Goody's Soda Fountain & Candy Store in Hyde Park, had aspirations to be a baker when he was younger. "My dad convinced me that baker's have really early hours. I'm glad now I listened to him," said Palmateer. "I really love the business – I never have a unsatisfied customer. It's nice to make them happy."

Palmateer started working in the family candy store in Bend, Oregon when he was 16. His family then decided to expand into ice cream – but they wanted a premium, quality ice cream. Palmateer said they contacted the head of the dairy department at Oregon State University to help them formulate a unique, rich blend they could use in their ice cream. The special formula is made by Eberhardt Dairy in Bend, and Palmateer makes a monthly trek to pick up the several gallons of the secret formula.

Palmateer eventually took over the family business and decided he wanted to move to a new area. "I started reviewing different places around Oregon, Washington and Idaho and finally decided upon Boise because it was affordable and the climate was nicer," he said.

Palmateer opened Goody's in Boise in 1996. The store features six regular flavors on a daily basis – chocolate, vanilla, strawberry, chocolate, almond, Oreo and coffee bean. "During the summer, we make between 80 to 120 gallons twice a week and also add a couple of different flavors every day," he said. Some of those popular flavors include toasted coconut, lemon and Marionberry. (See coupon on back page)

In addition to selling ice cream, Goody's also sells two types of frozen yogurt, a sorbet, various types of candy, carmel corn and pop corn and premium chocolates.

Goody's has also been supporting the Meals On Wheels program since moving to Boise by making various donations that have totaled into the thousands of dollars. For the past 12 years, and since its inception, Goody's has been one of the featured food establishments at the yearly Culinary Walk-About event, which is the largest fund-raising event for Meals On Wheels.

"We appreciate the great support we have received from Brett and his establishment over the past 12 years," said Angela Spain, Senior Nutrition Program Manager. "He is always so willing to help us with any fund-raising activity we plan for Meals On Wheels. His is the kind of partnership made in ice-cream heaven."



First Thursday • October 2, 2008 • 4 - 9 p.m. • Linen District - Boise

IRON CHEF - Save The Date

Monday, October 20, 2009

The Linen Building Event Center

15th Street & Grove in the Linen District

Doors Open: 5:30 pm • Show Begins: 7 pm

Cost per ticket: Reserved seating/VIP party - \$100

General admission - \$25

For more information call: 484-9049

Chefs will be announced in September.

All proceeds go to Meals On Wheels.

Thank You For Your Donations! April to June 2008

5th Street Salon
 AAA of Idaho
 Alan or Seline Kahn
 Alethea Woodall
 Amanda Blumenstein
 Amy Kunert
 Anaheim Fairfield Inn
 Andrews Rib Shack
 Animals R Us Vet Clinic
 Anniversary Inn
 Asiago's
 Baja Fresh
 Barb Kurpiewski
 Barbara Kirkpatrick
 Barbara Ross
 Becky McKinstry
 Bed Bath & Beyond
 Benjamin or Rhonda Jennings
 Beside The Blue Moose
 Bill Douglas
 Bill or Barbara Tonkin
 Bill or Hannelore Thibadeau
 Bistro Italia Steakhouse
 Blue & Orange Store
 Blue Cross of Idaho
 Bogus Basin Mt Resort
 Boise Co-op
 Boise Little Theater
 Boise State University Marketing
 & Finance
 Boise Towne Square
 Boondocks Fun Center
 Brad or Renee Bergquist
 Bradley Dilling
 Brian or Jessica McGaha
 Bryan Borchers
 C Everne or Mary Ann Wartman
 Cactus Petes Resort Casino
 Cafe Ole/Ole International Foods
 Carino's Italian Grill
 Cari Riley
 Carraba's Restaurant
 Cecilia Langland
 Charles Armstrong
 Charles or Phyllis Marsh
 Cheerleaders Sports Bar & Grill
 Chef Lou's 8th Street
 Cheryl Peck
 Chicago Connection
 Chris or Tarah Melgaard-Gibson
 Christopher Rowlinson
 Cindy Trail
 Claire Lowrie
 Clayton or Sharon Sullivan
 Clearwater Real Estate
 Investments
 Dale or Jane Dunn
 Daniel or Cheryl Heying
 David or Amy Hutchins
 David or Colleen Wiles
 David or Marlene Barber
 David or Susan Wishney
 David Self
 David Shehan
 David Wall
 Deann Morgan
 Denise Dailey
 Denise Lord
 Devon or Willadean Beer

Diane Diaz
 Dillard's
 Discovery Center of Idaho
 Disneyland
 Divotz Discount Golf
 Domino's Pizza
 Donald Cobb
 Donna Bogdan
 Doris Huffman
 Doubletree Club Hotel
 Doubletree Hotel Boise Riverside
 Doug or Judy Nichols
 Dwight or Kathleen Sosebee
 Ed Carr
 Edible Arrangements
 Edward or Arita Cleary
 Egyptian Theatre
 El Gallo Giro
 Elaine Daniel
 Ella Peterson
 Ellen Stuzman
 Emily Geary
 Encore Home Decor
 Eugene or Angela Bickley
 Fiesta Guadalajara
 Frameworks Picture Framing
 Fran Cantwell
 Francis or Patricia Norbury
 Frank or Estelle Peak
 Frank or Kathy Coprivincar
 Frank or Mary Anderson
 Fraternal Order of Eagles
 Fred Wagahoff
 Frederic or Denise Jacob
 Fresca Mexican Foods
 Gary or Verlene Kaiser
 Gayle Yvonne Simmons
 Genesis For Life/Anytime Fitness
 Genevieve David
 George or Sharron Presley
 Girl Scout Brownie Troop #50
 Gloria Freeman
 Golden Corral
 Goodwood Barbeque Co
 Goody's Soda Fountain &
 Candy Store
 Graeber & Company
 Gregory or Renee Kindler
 Gregory or Shirley Vaughn
 Hampton Inn & Suites
 Heartland Pharmacy
 Helen Ann Knapton
 Helen Gibson
 Hillcrest Floral
 Horseshoe Nursery
 Idaho Humane Society
 Idaho Ice World
 Idaho Public Television
 Idaho Steelheads
 Imagynations
 Interior Design
 Jack or Mary Lou Queen
 James Brooks
 James or Kay Reed
 James or Sandra Carignan
 James or Sherry Smith
 Jan Haneke
 Jan Seda
 Janice Ashley-Schmall

Jason McLenna
 Jason or Valerie Keeble
 Jay or Judy Romlein
 Jean Patrick
 Jeri St Clair
 Jerry Garcia
 Jet & Sons Investment Co
 Joan Carley
 Joe or Donna Piscone
 John Cerny
 John or Catherine Bishop
 John or Gayla Sanford
 John or Jacqueline Blake
 John Phillips
 Jolene Cram
 Jolene Uyeki
 Joyce Weinert
 JUB Engineers
 Julia Robinson
 Julie Tanner
 Jurgen or Michelle Bullock
 Karen Grist
 Kathleen or Roger Allen
 Kathryn Hampton
 Kathy Wakeman
 Kay Dillon
 Keith or Luanne Owings
 Keith or Martha Snyder
 Kelli Pavelko
 Kenny Schmidt
 Kerry or Cheryl Johnson
 Kim Clarke
 KitzWorks LLC
 Kuna Senior Citizen Assoc.
 LA Kings
 La Quinta Inns & Suites
 La Vie En Rose Bakery
 Ladies Auxiliary of Fleet
 Reserve Assoc
 Laura Bowen Interior Design
 Laurel Smith
 Lecia Harris
 Lee Smith
 Len or Angela Spain
 Life's Kitchen
 Lillian Peck
 Linda Simon
 Linda Zimmer
 Lisa Bescherer
 Lois Bastida
 Loren or Kristin Bergeson
 Lorraine or Steve Graves
 Los Betos
 Lowell Stewart
 Macy's
 Maggie Moo's Ice Cream
 Marie White
 Marilyn Davis
 Marilyn Young
 Marine Discovery Tours
 Marriott Springhill Suites
 Martin or Dorothy Geffon
 Mary Gutierrez
 Mary or David Kelly
 Mary Schofield
 Maryon Evans
 Max or Diana James
 McRae's Cleaners
 Megan Yarnell

Metro Express Car Wash
 Michael Nook
 Michael or Marie Gillespie
 Mike or Joann Thomas
 Miles Spencer
 Milky Way Restaurant
 Mission Critical Events
 Monica Janzen
 Mortimer's Idaho Cuisine
 Mo's West
 Myfanwy Devoe
 Naomi Geerhart
 Newport Aquarium
 Nicholas & Company
 Nissa Crawford
 Norco Inc
 Obtanium Technology
 Recyclers
 Old Chicago
 Omar or Juanita Hovde
 Orrock Food Sales
 Oxford Suites
 Pastry Perfection
 Patric or Sandra Cudmore
 Paul or Jacqueline Wakagawa
 Pediatric Dentistry Associates
 Peregrine Steak & Spirits
 Pirate's Plunder Antiques
 & Collectibles
 Planet Beach
 Pojo's Family Fun Center
 Pottery Gourmet
 Powell's Sweet Shoppe
 Priscilla Keim
 Project KOPEG
 Pro-tek Chemical Inc
 Pump It Up
 Rachel Alden
 Ram Restaurant & Brew House
 Randy or Linda Ramsey
 Rebecca McClellan
 Red Robin Restaurant
 Regal Entertainment
 Response Link of Idaho
 Restaurant Management Group
 Revive Therapeutic Massage
 Reynold's Accounting
 Rhoda Zaph
 Richard Barger
 Richard Popmpian
 Ridgecrest Golf Course
 Roaring Springs Waterpark
 Roger Burdick
 Ron Nordling
 Ronald or Carolyn Sharpe
 Russell Ford
 Russell or Leslie Felton-Jue
 Ruth Ann Cumming
 Ryan or Linda Erickson
 Salon Safari
 Sara Dailey
 Schuck's Auto Supply
 Scott Cantor
 Scott or Stephanie Mrachek
 Scott or Terri Nicholson
 Seattle Mariners

... Continued on next page

Apr - June 08 Donors Continued...

Idaho Shakespeare Festival
Shane or Alicia Konsella
Shankz Black Light Mini Golf
Shantel Archuleta
Sharon Treese
Shauna Pendegrass
Shirley Belanger
Shirley Hering
Sidney or Tammy Rigg
Six Flags Magic Mountain
Sizzler
Smokey Mountain Pizza
Smoky Davis Meats
Southwest Airlines
St Alphonsus Reg Medical Ctr
Stan Irons
Stan or Lorene Barker

Standard Restaurant Supply
Starlight Herb Company
Ste Chapelle Winery Inc
Stephen or Ann Suarez
Steve or Bonnie Barcus
Steve or Denise Mehlberg
Steven or Sandra Berenter
Stewart's Gem Shop
Susan Varelmann
T Erik Oaas
Tamarack Resort LLC
Tavern Wine Market
Texas Roadhouse
The Cheesecake Factory
Thomas Stevenson
Thornton or Elisabeth Stearns
Thunder Mountain Line Starlight

Tim or Lucy Zick
Tim or Mary Beth Lamott
Timothy Adams
Timothy or Kayla Krahmer
Toni Anthony
Tony Bingham
Treasure Valley Coffee
Treasure Valley Gift & Baskets
Trebar Inc
Tri-City Meats Inc
TumbleTime Gymnastics
United Way of Treasure Valley
Universal Studios
Virgel Clark
Vogel Farms Country Market
Wally or Susan Fister
Walter or Patsy Haught

Wanda McNee
Wanda or Robert Firman
Weda Dooley
Wes or Marie Jetley
Whitewater Pizza & Pasta
Willard or Dora Payne
William Easterwood
William or Catherine Schroeder
William or Donna Harris
William or Helen Curtis
William or Kerrie Mattravers
William or Laura Gibson
William or Norma Blattner
Young Chef's Academy
Zamzows
Zurcher Merchandise

Oops - We Made a Mistake Additional Culinary Walk-About Thank You's

We regretfully missed the following names from our last newsletter – we are very indebted to the following individuals and establishments for their efforts to make the 11th Annual Culinary Walk-About a huge success with donation goods and/or services.

We also want to extend a sincere thank you to **Mary Kelly & Sandra Canning** for their volunteer efforts with the event.

Adrienne Swain
American Clothing Gallery
Big O Tires
Blue Ribbon Artisans
Boise Pottery
Brandi Porter
Bungalow Hyde Park
Burghdorf Hot Springs
Cabolo's Orchards
Chef Bill Green
Chef David Knickrehm
Chef Fred Moffitt
Chef Jason Bailey
Chef Jason McLenna
Chef Jon Mortimer
Chef Roland's Cajun Cuisine

Chris Melgard
Confetti's
Cottonwood Grille
Dan Seleb
Easy Cookin'
Elements Massage
Firehouse Ale Company
Gina Hanks
Gold N Kraft
Golf Galaxy
Gourmet Pottery
Harry's On Park Center
Hearthstone at
Spring Mountain Ranch
Holland Gallery - Gary Holland
Horizon Airlines

Joanne Graff
Julie Tanner
Knit One-Quilt Too
La Tapitia Mexican Restaurant
Leah Morgan — Pampered Chef
Representative
Melanie Simboli
Montage Studio & Salon
Morning Ray Café
Park City Peaks Hotel
Paula Deen Enterprises
Peregrine Steak & Spirits
Petco
Pizza Hut
Plateau Steaks &
Seafood Restaurant

Roastere Specialty Coffee
Silverwood Theme Park
Stein Distributing
Susan Schinsky
The Tavern Wine Market
in Bown Crossing
The Trellis Bistro
The Whitetail Club
TJ Gomez
Tony Roma's
Wild Ivy Gift Shop
Winery at Eagle Knolls
Yummy Meats

In Memory of... Robb Canfield

Miles Spencer

In Memory of... LaVerne Kaehler Luke

Shirley Hering

In Memory of... Darlene Ramsey

Paul or Mattie Black
Ray or Cherry Meyers
Lee Taylor
Elva Guisasola
Steve or Bonnie Pascale
Jim or Paula Hanks
Frances Field
Lou Samson
Lois Bastida
Randy or Linda Ramsey

In Memory of... Maxine VanTassell

Weda Dooley

In Memory of... Robert V. Hansberger

Genevieve M. David

Digital Television Transition: February 17, 2009

Are You Ready?



What Is The DTV Transition?

Currently, many over-the-air stations are broadcasting in both analog and digital TV (DTV) formats. After February 17, 2009, full-power TV stations will only broadcast in digital. The DTV transition will affect those who watch free over-the-air television (through a rooftop antenna or "rabbit ears"). If you watch over-the-air programs on an analog TV, you must take action before February 17, 2009.

Why Are We Switching?

Federal law requires the switch, which will free up frequencies for police, fire, and emergency rescue communications, allow broadcasters to offer programming with better picture and sound quality and offer more programming choices, and allow for commercial advanced wireless services.

What Should I Do To Be Ready?

You have three choices:

- 1) **Connect your analog TV to a digital-to-analog converter box.** Digital-to-analog converter boxes will be in stores in 2008 and will have a one-time cost of \$50-\$70. To help consumers pay for the boxes, the U.S. Government will be offering two \$40 coupons per household. You will be able to request the coupons beginning in January of 2008. For more information on the coupons, visit www.ntia.doc.gov, or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY). Your current broadcast antenna should work for digital broadcasts. **Or**
- 2) **Buy a digital television (a TV with a built-in digital tuner).** Remember that you do not need to buy a High Definition TV (HDTV) to enjoy digital broadcast television. Plus, your current broadcast antenna should work for digital broadcasts. **Or**
- 3) **Subscribe to a paid TV service.** If you subscribe to a paid service such as cable or satellite TV, you should contact your provider to see what, if any, equipment you may need. Remember that you will need a digital-to-analog converter box for any analog TV in your home not connected to your paid TV service.



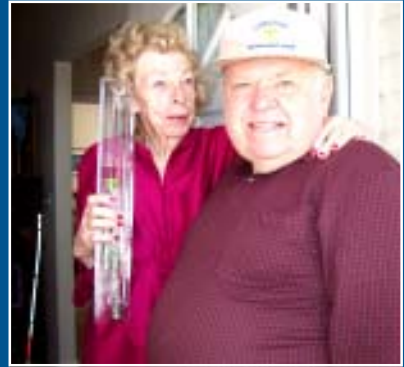
For More Information:
1-888-CALL-FCC (Voice)
1-888-TELL-FCC (TTY)
Visit: www.dtv.gov



Remembering Mothers

Thanks to the Boise Rotary Club, Mother's Day was a special event for the ladies on the Meals On Wheels program in Ada County. The Rotary Club donated over 300 individually packaged roses for distribution to the women in the Senior Nutrition Program. The roses were distributed May 9th along with the meal deliveries. This is the Rotary Club's fourth year delivering roses.

Dorothy Stanley gives volunteer driver Paul Omas a hug after receiving her Mother's Day rose donated by Rotary Club.



VOLUNTEER Appreciation Month



(from left to right)

Dorothy Howell, Peggy Stevens, Rose Spears, Carol Martin, Pearl Ahnstedt, Ruth Laird, Lauana Amidon, Lynn Jensen

April was Volunteer Appreciation Month and the Senior Nutrition Program recognized the 350 Meals On Wheels volunteers and 100 dining center volunteers in Ada and Elmore counties who make the programs possible. Every Meals On Wheels volunteer received a thank you card and recognition certificate, while the dining center volunteers were served cake and given a recognition certificate. On behalf of all the seniors who benefit from the donation of your time, we thank you for making the Senior Nutrition Program a huge success this past year.

Thank You Volunteers!

Running For A Reason

The Race to Robie Creek, Boise's popular half-marathon, sold out in six hours in March. But through an Idaho Statesman online auction which benefited eight charities, Jerry Garcia, an employee of Central District Health Department, was able to land a number and donate \$75 to the Meals On Wheels program at the same time! Thank you Jerry for going the extra 13.1 miles to help Meals On Wheels. Jerry's time was 2:37:09.



Jerry Garcia



Central District Health Department
Senior Nutrition
707 N. Armstrong Pl.
Boise, ID 83704-0825

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In Partnership With:



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Hyde Park • 1502 N. 13th • Boise, ID 83702 • (208) 367-0020





Meals On Wheels
707 N. Armstrong Place
Boise, ID 83704
cdhd.idaho.gov



Irene Jeske anxiously awaits her Meals On Wheels delivery.

August 1, 2008

Dear Friends,

When you grow up in a family of 15 children you not only learn to take care of yourself, but your younger brothers and sisters, too. Irene Jeske remembers well the tough times during the Depression when her large family moved from South Dakota to Shoshone, Idaho. Everyone old enough to work had chores to do in the home and on the farm.

Irene continued her service to others as a pastor's wife after marrying her husband Elmer in 1944. After stops all over the country, Irene and Elmer settled in Boise when he became disabled. She then worked for 14 more years at the Mode department store.

Now 86, Irene sounds as chipper as a school girl but the long years of hard work are starting to catch up to her.

"I can't cook any more." Irene explained recently. "I get so tired. I can't finish a recipe, and even if I do it doesn't taste very good because I left something out."

"I really look forward to that meal every day, and I eat it right away."

"My kids keep telling me I look so much better since I got on the Meals On Wheels program."

Irene is just one of about 600 homebound seniors receiving Meals On Wheels every week day in Ada and Elmore counties. Every senior's story is different, but all depend on the balanced nutrition and convenience home delivery provides. But Meals On Wheels is feeling the pinch of higher fuel and food costs.

For the first time since the program began in 1974 the cost of preparing and delivering each meal has topped \$6.00, forcing program managers to revise menu choices. Seniors will still get a well-balanced meal, but the salads and desserts seniors now enjoy may disappear.

Most Meals On Wheels recipients live on fixed incomes, so paying more for their meals isn't an option. The average donation remains about a dollar per meal. That's why we're turning to you for help.

In this edition of the **MealTimes** you'll find a donation envelope. We hope you'll consider making an additional gift to this wonderful program that does so much for people like Irene.

"It is one of the nicest things you can do for someone unable to prepare meals for themselves." Irene told us without hesitation. "I just can't imagine doing without this food, it means that much to me."

Your gift today will keep the meals heading to Irene and the hundreds of others like her.

Angela Spain, RD, LD
Program Manager, Meals On Wheels
Senior Nutrition Program